

Constructing Health: The Elements of Enriched Environments

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ABSTRACT

What if we were dedicated to building places that cause health?

This is the challenging question that Tye Farrow asks in this presentation - and he provides evidence to help you answer it.

Traditionally, most human cultures had a wholistic approach to wellbeing. This comprehensive view encompassed mental, physical and spiritual health and social wellbeing and considered the effects of physical environment in addition to diet and lifestyle. Today, 'health' has become synonymous with 'health care' as the western, evidence-based model extinguished the older view. However, recent research has confirmed that where one lives has more impact on one's health and wellbeing than the medical system (beyond episodes of serious disease, of course). In this webinar Tye discusses the concept of 'activated optimal health', which is driven by space, and the elements of our physical space. It connects recent research on space and architecture's effect on the mind and our ability to thrive.

BIOGRAPHY

Working at the intersection of architecture and neuroscience, **Tye Farrow** is a world-recognized pioneer tackling how what we create either gives or cause health. With award-winning projects around the globe that enact salutogenic design - design that actively incites health - he is the first Canadian architect to have earned a Master of Neuroscience Applied to Architecture and Design (University of Venice IUAV), and has a Master of Architecture in Urban Design (Harvard University), and a Bachelor of Architecture degree (University of Toronto).

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